

A woman with blonde hair tied in a bun, wearing a white apron over a grey sweater, is looking down at a white bowl she is holding. The bowl contains a plant-based meal with salmon, spinach, broccoli, and onions. The background is a kitchen counter with various vegetables.

EARTH *to* TABLE

BY TERESA CUTTER

Plant-based
recipes for health
+ wellbeing

*“The foundation for
good health begins with
the food that we eat.”*

TERESA CUTTER





EARTH *to* TABLE

BY TERESA CUTTER

**+HEALTHY
CHEF**

thehealthychef.com



I grew up in a household where food formed the foundation for our way of life. My Polish great aunt and uncle taught me how to cook. They were budget conscious and focused on simplicity and quality of the ingredients they used.

There is nothing that compares to cooking your own food. Healthy, simple, wholefood recipes that can support your health and make you feel wonderful. I'm not a vegetarian, more a flexitarian, so when I cook I design budget-friendly, healthy and simple recipes using fresh vegetables and natural ingredients that will delight your taste buds and help your body thrive.

ABOUT THE RECIPES IN THIS BOOK

The best compliments I receive about my cookbooks are that my recipes are delicious, easy to make, and they always work. I've tried to follow a similar format in my new cookbook Earth To Table with over 160 healthy and delicious recipes.

Earth To Table is inspired by my love of healthy, Mediterranean, plant-based recipes using wholefood ingredients. Each recipe showcases spectacular photography by my hubby and award-winning cinematographer Paul Cutter, and includes mostly gluten free options with health benefits for each one.

Imagine devouring creamy Silken Tofu Scrambled Eggs caressed with turmeric and a hint of coconut...or a refreshing Almond Milk Granita topped with fresh made espresso and a hint of vanilla. You'll love the Spinach, Ricotta + Sweet Potato Tart, Whole Roasted Cauliflower with Tahini Yoghurt and Detox Pumpkin Soup served with Cashew Cream and Milk + Honey Soda Bread.

One of my favourite salads in this cookbook is the Beauty Boosting Salad laced with a vitamin C rich Blackberry + Lemon Dressing, and for dessert the Worlds Healthiest Chocolate Cake or Pears Poached in Red Wine served alongside a creamy burrata.

What we eat forms the foundation to our health, so for me, it's important to have a wholefood plant-based approach that delivers the most significant health benefits. Eating a plant-based diet doesn't mean you have to become vegan or vegetarian, it can simply mean including a good amount of plant-based food sources such as vegetables, salads, fresh fruit and healthy fats. I hope you enjoy making and eating the spectacular recipes from this wonderful cookbook.

Stay healthy and be nourished.

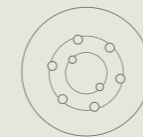
Jerisa Cutter

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ENJOY
THE
GOODNESS



ANTIOXIDANT



DAIRY FREE



GLUTEN FREE



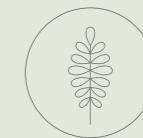
HIGH FIBRE



LOW CARB



LOW GI



PLANT BASED



PROTEIN



SUGAR FREE



SUPERFOOD



VEGETARIAN



WELLBEING

Nourishing Smoothies + Restorative Drinks

CHAPTER ONE

Raw smoothies, juices and restorative drinks offer wonderful health benefits that are sourced straight from the earth. They provide the key nutrients to give support to your body's natural detoxification channels on a daily basis.

Juices and smoothies are the easiest way to provide life-giving vitamins, minerals and antioxidants that are easily absorbed into the body that help to nourish your cells from the inside out.

I prefer to enjoy smoothies as a complete meal as they fill you up and provide proteins, antioxidants and fibre that are wonderful for maintaining your energy levels and a healthy weight. What I love about making smoothies is that they make the perfect quick and easy meals that I can enjoy for a delicious breakfast, lunch or dinner – plus they are portable so perfect if you're on the run.

Juicing raw fruits and vegetables extracts all the goodness whilst removing the fibre, which means that the nutrients are absorbed rapidly into the body, reaching your cells much faster. I prefer to stick to vegetable-based juices, then add a little piece of fruit for sweetness if needed. Raw juices make the perfect natural multivitamin and just make you feel amazing!

I love to make restorative drinks and tonics using teas, herbs and spices that are rich in anti-inflammatory nutrients to support optimum health and wellbeing. In this chapter, I've given you my favourite drink recipes that help nourish glowing skin, boost your immune system, support digestion and detoxification and just make you feel wonderful. Enjoy.



TURMERIC, GINGER + HONEY LATTE

Turmeric is rich in antioxidants and anti-inflammatory compounds that make it very healing to the body. Enjoy this restorative drink hot or cold and feel the wonderful healing benefits.

SERVES 1

INGREDIENTS

1 tablespoon fresh grated turmeric
1 heaped teaspoon fresh grated ginger
250 ml (1 cup/8 fl oz) water
1 teaspoon raw honey
250 ml (1 cup/8 fl oz) almond milk

METHOD

COMBINE turmeric, ginger, water and honey into a small pot and bring to the boil.

SIMMER for 5 minutes over a low heat to allow the aromatics to infuse into the water and the liquid has reduced by half.

ADD the almond milk and mix through to heat gently then strain into a clean mug.

SERVE hot and enjoy or allow to cool and serve over ice.

INSPIRATION

Blend with 1 frozen banana, 1 tablespoon almond butter and a handful of ice into a delicious breakfast smoothie.

HEALTH



GLUTEN FREE



DAIRY FREE



SUGAR FREE

BENEFITS

- + BEAUTY BOOSTING
- + HEALTHY DIGESTION
- + IMMUNE BOOSTING



THE JET LAG SMOOTHIE

This is my MUST HAVE anti jet lag elixir when I've come off a long plane flight and need instant revitalisation. Rich in hydrating antioxidants and minerals to help bring your body back into balance.

SERVES 1

INGREDIENTS

250 g (8 oz) green grapes, washed
½ teaspoon matcha green tea
1 slice of fresh ginger
¼ fresh lime with the skin
250 ml (1 cup/8 fl oz) water
ice to blend

METHOD

COMBINE grapes, matcha, ginger, lime, water and ice into a blender.
BLEND until smooth, green and fabulous.
POUR into a serving glass and enjoy.

INSPIRATION

This is also the perfect smoothie to enjoy after a workout in the gym.
Add a slice of pineapple.

HEALTH



PLANT BASED



LOW GI



HIGH FIBRE

BENEFITS

- + DETOX
- + HEALTHY DIGESTION
- + WELLBEING

A Good Morning

CHAPTER TWO

I love cooking and eating breakfast foods at any time, day or night. I've always embraced a more natural and wholefood approach to wellbeing that focuses on balanced, seasonal eating and the quality of the ingredients I put into my body.

People often ask me what I eat for breakfast and to be honest it always varies depending on how I feel. During the week, I rarely have the time or the constitution to indulge in a full-blown breakfast early in the morning. I prefer a lighter approach and generally opt for a quick and nourishing mid-morning smoothie, sheep's yoghurt or two organic eggs quickly scrambled with sautéed leek and a little butter.

On the weekends, I often enjoy a more substantial brunch, which I share with my husband Paul. I love organic egg omelettes made with sautéed leek and a generous handful of Gruyere or a warming bowl of brown rice topped with steamed silken tofu and a drizzle of tamari. When it's cold and raining outside, I find therapy in making warming foods like a nourishing congee or creamy oatmeal and almond milk porridge topped with a light drizzle of raw honey.

The following recipes are some of my favourite healthy ways to start the day and keep you and the ones you love nourished and satisfied.



STUFFED AVOCADO W/ SCRAMBLED EGGS

I'm a huge fan of scrambled eggs as they are rich in protein, B vitamins, and essential minerals such as selenium that help to nourish a healthy metabolism. Avocados provide the perfect base and then enjoy caressed with fresh herbs and sea salt.

SERVES 4

INGREDIENTS

2 avocados, cut in half and stone removed
1 tablespoon butter or olive oil
6 organic eggs
pinch of sea salt
fresh herbs to garnish

METHOD

ARRANGE avocados onto a serving dish.
MELT butter in a non-stick pan over a medium heat.
BREAK eggs into a bowl then gently combine with a fork.
ADD eggs to the pan mixing through lightly with a spatula.
STIR gently until the eggs become creamy.
REMOVE pan from the heat immediately. You don't want to overcook your eggs.
SPOON eggs into the avocado shells then sprinkle with sea salt.
GARNISH with your choice of herbs.
SERVE and enjoy.

INSPIRATION

Serve alongside cucumber ribbons and a squeeze of lime.
For a vegan option, fill avocado with scrambled organic silken tofu.

HEALTH



PROTEIN



GLUTEN FREE



VEGETARIAN

BENEFITS

- + WELLBEING
- + SUPERFOOD
- + BEAUTY BOOSTING



PUMPKIN PIE PORRIDGE

Pumpkins are high in beta-carotene, vitamin C and vitamin E. They are also high in fibre, which helps to support healthy digestion and boosts microbiome diversity.

SERVES 4

INGREDIENTS

½ small organic jap pumpkin, cut into 4 wedges, skin on and seeds removed
2 tablespoons extra virgin olive oil or macadamia oil
2 teaspoons ground cinnamon
500ml (2 cups/ 16 fl oz) dairy free milk (macadamia, coconut)
1 teaspoon vanilla extract
½ teaspoon ground turmeric (optional)
4 tablespoons tahini
pure maple syrup, raw honey or stevia to sweeten

METHOD

PREHEAT your oven to 180°C (350°F) fan-forced.
PLACE pumpkin onto a baking tray and drizzle with oil then sprinkle over a little cinnamon.
BAKE for 45 minutes until soft and golden.
DIVIDE pumpkin between serving bowls.
GENTLY heat milk, vanilla and turmeric until warmed.
POUR the milk over the pumpkin.
DRIZZLE over tahini, followed by the maple and extra cinnamon.
SERVE and enjoy.

INSPIRATION

Sprinkle over hemp seeds or pumpkin seeds.

HEALTH



PLANT BASED



GLUTEN FREE



HIGH FIBRE

BENEFITS

- + ANTIOXIDANT
- + IMMUNE SUPPORT
- + HEALTHY DIGESTION

Simple Pleasures

CHAPTER THREE

One of the best salads I've ever eaten consisted of a bowl of leafy greens, gently caressed with a classic vinaigrette made with extra virgin olive oil, vinegar and a kiss of Dijon mustard. Each bowl of leaves has its own unique qualities, bursting with flavour and goodness. To this, I can choose to add other wholesome ingredients such as vegetables, proteins and healthy fats which will add variety, texture and create a simple pleasure with enhanced health benefits.

I enjoy salads for lunch or dinner every day of the week, not only because they taste so good, but because they are a wonderful prebiotic for your digestive system. Prebiotics help to boost the natural levels of healthy gut flora necessary for wellbeing.

When I cook, I keep it simple and fresh. Whether it's half an avocado, drizzled with olive oil and a pinch of sea salt or the tang of a fresh cut ruby grapefruit balanced with the flavour of rocket, feta and freshly sliced red onion. My approach utilises healthy delicious food – not health food based on extreme diets or ideologies. I cook and eat what makes me feel good, and draw inspiration from my European culture, enhanced with my love for Mediterranean cuisine.

Enjoy every mouthful and feel the benefits.



PERSIAN ROASTED CAULIFLOWER

A wonderfully simple and nourishing salad you can enjoy for lunch or dinner. My hubby Paul and I love eating it hot or warm, served in bowls or directly from the baking dish it was roasted in.

SERVES 4

INGREDIENTS

1 cauliflower, roughly broken into florets
extra virgin olive oil to drizzle
generous pinch of sea salt
1 red onion, sliced
1 lemon, juiced
250 ml (1 cup/8 fl oz) Greek yoghurt (see inspiration notes)
1 pomegranate
2 tablespoons pistachio, chopped
2 tablespoons green pitted olives, chopped
2 tablespoons capers
a little chopped parsley

METHOD

PREHEAT your oven to 180°C (350°F) fan-forced.
LAY cauliflower onto a baking tray and drizzle generously with olive oil, then sprinkle with sea salt. Roast for 35 - 40 minutes until golden.
PICKLE the red onion with the juice of 1 lemon and a generous pinch of salt until the cauliflower finishes roasting.
SPREAD yoghurt onto serving plates and lay over the cauliflower.
TOP with pomegranate jewels, pistachio, olives, capers, pickled onion and parsley. Serve and enjoy.

INSPIRATION

Hummus can be used in place of the yoghurt.
Dried cranberries can be used in place of the pomegranate.

HEALTH



GLUTEN FREE



PLANT BASED



LOW GI

BENEFITS

- + PURELY DELICIOUS
- + WELLBEING
- + HEALTHY DIGESTION



BEAUTY SALAD

Rich in hydrating minerals, healthy fats and vitamin C that can nourish the skin, restore collagen and give you that glow.

SERVES 2

INGREDIENTS

60 g (2 oz) baby spinach leaves or other leafy greens
handful sprouts
4 figs, cut in half
2 oranges, peeled and sliced
1 avocado
60 g (2 oz) goat's feta or vegan feta

BLACKBERRY DRESSING

125 g (4 oz) blackberries
3 tablespoons lemon juice
2 tablespoons extra virgin olive oil

METHOD

TOSS spinach and sprouts together into a large salad bowl.

ARRANGE over the figs, slices of orange and avocado followed by the feta.

COMBINE all the salad dressing ingredients by smashing the blackberries with a fork then mix with the lemon juice and olive oil.

DRIZZLE dressing over the salad.

SERVE and enjoy.

INSPIRATION

Use pink grapefruit in place of oranges.

HEALTH



VEGETARIAN



HIGH FIBRE



LOW GI

BENEFITS

+ IMMUNE BOOSTING

+ SUPERFOOD

+ PURELY DELICIOUS

Nourishing Dinners

CHAPTER FOUR

I love to design meals that are exciting and made from simple, wholesome ingredients. I cook for both pleasure and to promote health, celebrating the essence of wholefoods and the magnificent flavours this earth has to offer.

Food brings people together and it's always been a huge part of my family growing up. I love making beautiful recipes from scratch, so it tastes delicious and you know exactly what's in the food you're eating. I draw inspiration from my European heritage as well as the foods that I love. Seasonal ingredients, cooked simply to taste purely delicious.

The following recipes are some of my favourites and are designed to encourage everyone to cook and eat healthier meals at home. Easy-to-prepare and budget-friendly meals that will get even the busiest of families back into the kitchen.



CRISPY TOFU W/ GREEN TEA NOODLES

Simple to make and delicious to eat. Perfect for a simple lunch or dinner. I adore Japanese food and this recipe is inspired by my obsession with noodles and drinking matcha green tea.

SERVES 1

INGREDIENTS

220 g (7 oz) green tea soba noodles
extra virgin olive oil or avocado oil to cook and dress
250 g (8 oz) silken tofu, drained on kitchen paper
90 g (3 oz) panko crumbs or rice crumbs
1 tablespoon gluten free cornflour or potato starch
sea salt and white pepper

nori seaweed to garnish
1 spring onion (scallion), sliced

DRESSING

2 tablespoons tamari
2 tablespoons rice vinegar
2 tablespoons water
1 teaspoon pure maple syrup
½ teaspoon sesame oil
2 teaspoons sesame seeds, toasted

METHOD

COOK soba noodles in a saucepan of boiling water according to packet instructions until tender. Drain, then rinse under cold water and transfer into a bowl. Toss with ½ teaspoon of olive oil to coat then set aside until required.

CUT tofu into cubes then carefully coat in combined panko crumbs and cornflour.

SHALLOW fry the tofu with a generous splash of olive oil (60 ml/2 fl oz), until golden on all sides, about 5 – 6 minutes.

Drain on paper towel and season with a pinch of sea salt.

ARRANGE fried tofu and noodles onto a serving dish.

COMBINE dressing ingredients and spoon the dressing over the noodles.

GARNISH with nori or shiso leaves and spring onion.

INSPIRATION

Use steamed silken tofu in place of fried.

HEALTH



PLANT BASED



DAIRY FREE



HIGH PROTEIN

BENEFITS

- + ENERGY BOOSTING
- + STRESS RELIEF
- + HEALTHY DIGESTION



BROWN RICE + CHIA PASTA W/ CREAMY MUSHROOMS

I absolutely adore this pasta recipe. It's gluten free, dairy free and tastes magnificent. Mushrooms are rich in potassium and vitamin D to boost immune function and bone health.

SERVES 4

INGREDIENTS

250 ml (1 cup/8 fl oz) freshly boiled water
15 g (½ oz) dried porcini mushrooms
500 g (16 oz) assorted mushrooms, sliced
1 onion, sliced
2 tablespoons extra virgin olive oil
1 clove garlic, smashed
1 - 2 tablespoons tamari to taste
sea salt to taste and a pinch of white pepper
handful parsley leaves, roughly chopped
60 ml (2 fl oz) coconut milk or cream
220 g (7 oz) brown rice + chia pasta or other pasta of your choice

METHOD

COMBINE water and dried porcini into a bowl and set aside for 10 minutes to soften.
SAUTÉ mushrooms with the onion, olive oil and garlic for 5 - 8 minutes until browned.
POUR over the soaking water from the porcini and add the porcini.
SIMMER for 5 minutes then season with a spoonful of tamari, salt and pepper followed by the parsley and coconut milk. Boil the pasta until al dente and stir through the mushroom ragù, adding a little more water or cream if required.

INSPIRATION

Sprinkle over a little nutritional yeast. Layer mushrooms between French-style crepes for the yummiest mushroom lasagne and top with almond milk béchamel.

HEALTH



PLANT BASED



GLUTEN FREE



DAIRY FREE

BENEFITS

- + WELLBEING
- + HEALTHY DIGESTION
- + ENERGY BOOSTING



ROASTED SWEET POTATO + AVOCADO MAYO

Sweet potatoes are low GI and rich in potassium for cardiovascular health. Avocado and their oil are a good source of mono-unsaturated fats, antioxidants and vitamin E to support healthy glowing, hydrated skin.

SERVES 4

INGREDIENTS

500 g (16 oz) sweet potato, cut into wedges
2 tablespoons extra virgin avocado oil
generous pinch sea salt

AVOCADO MAYO

2 avocado
60 ml (¼ cup/2 fl oz) extra virgin avocado oil
60 ml (¼ cup/2 fl oz) water
2 tablespoons lemon juice
splash of green tabasco
1 clove garlic, smashed
pinch of sea salt

METHOD

PREHEAT your oven to 200°C (400°F) fan-forced.
COMBINE sweet potato with the oil and salt on to a baking tray.
ROAST for 45 minutes or until tender and golden.
BLEND avocado with the avocado oil, water, lemon juice, tabasco, garlic and salt until smooth.
SERVE sweet potato wedges with the avocado mayo and enjoy.

INSPIRATION

Add a handful of coriander (cilantro) to the avocado before blending.

HEALTH



GLUTEN FREE



PLANT BASED



LOW GI

BENEFITS

- + BEAUTY BOOSTING
- + DETOX
- + HEALTHY DIGESTION



NOURISH

I believe in a balanced approach to food and overall health and wellbeing.

My philosophy is to keep it simple and eat fresh, nourishing wholefoods that you make yourself.

*Eat Better – Feel Better – Sleep Better
Move Better – Look Better.*

Restorative Soups

CHAPTER FIVE

I absolutely adore eating soup!

For breakfast, lunch or dinner, soup is the most nourishing meal I make most days of the week. Soups are cost-effective, filled with nutrients, quick to make, and kind on the digestive system – making you feel warm and satisfied after eating it.

Nothing warms you up and nourishes your body like a bowl of soup. I've brought together some of my favourite plant-based soup recipes that I love to make in my own home, many created with just three to four ingredients. From a buttery Cauliflower and Leek Soup to a cleansing detox soup made with vegetables of the moment. Just add a few shavings of parmesan, a dollop of pesto or some creative garnishes and - voilà - dinner is served.



CREAMY MUSHROOM SOUP

Mushrooms are low in carbohydrates, fat, sodium and sugar. They are also high in antioxidants, energising B vitamins, vitamin D and essential trace minerals such as selenium, which is needed for healthy thyroid function.

SERVES 2

INGREDIENTS

1 tablespoon dried porcini mushrooms
250 g (8 oz) assorted mushrooms, sliced
750 ml (24 fl oz) hot water
2 tablespoons extra virgin olive oil
1 onion, sliced
1 - 2 tablespoons tamari soy sauce to taste
sea salt and white pepper to taste

METHOD

SOAK porcini mushrooms in 125 ml (4 fl oz) of the boiled water in the recipe for 10 minutes.

SAUTÉ onion with the olive oil until caramelised then add the mushrooms and continue to cook until lightly golden.

ADD the rest of the hot water, porcini mushrooms, including the soaking water and simmer, partially covered for 10 minutes.

REMOVE from the heat and blend the soup until creamy then pour the blended soup back into the pot over a gentle heat.

ADD tamari and season with sea salt and white pepper to taste.

I also love to stir through a few spoonfuls of pouring cream or oat milk to make a silky consistency.

LADLE soup into bowls and enjoy.

INSPIRATION

Add a little truffle oil or sautéed mushrooms to garnish the soup.

Froth oat or almond milk in a cappuccino maker then spoon froth over the top of the soup before serving to make a delicious mushroom cappuccino.

HEALTH



PLANT BASED



GLUTEN FREE



LOW CARB

BENEFITS

+ CLEANSING

+ IMMUNE SUPPORT

+ HEALTHY DIGESTION



DETOX PUMPKIN SOUP W/ CASHEW CREAM

Nothing satisfies like a bowl of pumpkin soup. I like to drizzle over a little cashew cream or Greek yoghurt before serving which adds creaminess as well as boosting protein and minerals.

SERVES 4

INGREDIENTS

1 leek, sliced
2 sticks celery, finely chopped
2 carrots, finely chopped
750 g (24 oz) pumpkin, peeled and finely chopped in a food processor
750 ml (24 fl oz) freshly boiled water
sea salt and white pepper to taste
cashew cream or yoghurt to serve
a splash of avocado or olive oil to serve

CASHEW CREAM

125 g (1 cup/4 oz) raw cashews, soaked overnight and drained
180 ml (¾ cup/6 fl oz) water

METHOD

COMBINE leek, celery, carrot, pumpkin and water into a pot.
SIMMER for 15 - 20 minutes until vegetables are tender.
BLEND until smooth and season with a little salt and white pepper to taste.

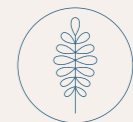
COMBINE cashew cream ingredients in a blender and blend until smooth and creamy. Pour into a glass jar and store in the fridge for up to a week.

SPOON soup into serving bowls and garnish with a little cashew cream and drizzle of avocado oil. Enjoy.

INSPIRATION

Use coconut milk in place of cashew cream.

HEALTH



PLANT BASED



GLUTEN FREE



DAIRY FREE

BENEFITS

- + STRESS RELIEF
- + DIGESTIVE SUPPORT
- + ANTIOXIDANT

Breads + Doughs + Batters

CHAPTER SIX

I am passionate about improving your own health through the foods that you eat. The aim of this chapter is to redefine what is considered 'bread', and to explore the pleasures of modern baking through the use of alternative wholefood ingredients such as brown rice, kamut, chestnut, almonds, oats, rye, spelt and buckwheat. When I cook, it's important for me to create recipes suitable for people with allergies and specific food sensitivities. My tummy thanks me for it, and I feel nourished when I eat the right foods for my body.

I'm a hippie at heart and have always been drawn into the magnificent world of baking. I remember my great-uncle buying loaves of dense Polish rye for his lunch-time sandwiches and breakfast toast. Of a morning he would smear it thickly with butter and smashed berries. My father would also wake me up at 5 am every morning when I was in primary school to accompany him to the Bunbury Bakery where we would pick up a freshly baked, out-of-the-oven high-rise loaf for our sandwiches.

At 14, I secured a part-time weekend job in a bakery, and later when I became a chef, baking breads, pastries and loaves was my therapy.

Breads and batters form the foundations of a meal. They bring families and friends together and make us feel wonderful. Enjoy.



MILK + HONEY SODA BREAD

A nourishing and versatile bread made with wholemeal spelt flour, rolled oats, almond milk and organic honey. Bicarb soda acts as a raising agent in this bread, it is alkalising to the body and gives this bread a spectacular flavour.

SERVES 12

INGREDIENTS

80 ml (1/3 cup/2 1/2 fl oz) extra virgin olive or avocado oil
1 tablespoon raw honey
1 tablespoon lemon juice
250 ml (1 cup/8 fl oz) almond milk or oat milk
240 g (8 oz) wholemeal spelt or kamut flour
1/2 teaspoon sea salt
1 teaspoon baking soda (bicarb soda)
90 g (3 oz) rolled oats

METHOD

PREHEAT your oven to 160°C (320°F) fan-forced.

COMBINE olive oil, honey, lemon juice and almond milk.

COMBINE spelt flour, salt and baking into a separate bowl, then add to the wet ingredients and mix lightly to form a soft dough.

ROLL dough in the oats so that it coats all the way around, then form into a round loaf.

PLACE the dough onto a lined baking tray or in a cast iron pot.

BAKE for 35 - 45 minutes or until cooked through and the crust is golden brown.

COOL and enjoy.

INSPIRATION

For a gluten free bread, substitute the flour for a good gluten free flour. Add 155 g (5 oz) soaked raisins and apricots for a fruit filled soda bread.

HEALTH



PLANT BASED



DAIRY FREE



HIGH FIBRE

BENEFITS

+ ENERGY BOOSTING

+ PURELY DELICIOUS

+ WELLBEING



SWEET POTATO BREAD

Sweet potatoes are a healthy low GI vegetable high in beta-carotene, the precursor to vitamin A – important for eye and skin health. They make the most magnificent breads and are delicious caressed with a little rosemary or fresh thyme.

MAKES 1 LOAF

INGREDIENTS

450 g (16 oz) grated raw sweet potato with the skin plus extra for garnish
4 organic eggs
1 teaspoon sea salt
60 ml (¼ cup/2 fl oz) extra virgin olive oil
300 g (3 cups/10 ½ oz) almond meal
2 teaspoons gluten free baking powder
hint of rosemary, sage or thyme

METHOD

PREHEAT your oven to 160°C (320°F) fan-forced.
COMBINE sweet potato, eggs, salt and olive oil into a bowl.
ADD the almond meal and baking powder and mix well.
LINE a loaf tin with baking paper at the base and the sides.
SPOON the mixture into the loaf tin.
DECORATE the bread with shavings of sweet potato drizzled in a little olive oil and sea salt over the top.
BAKE for 1 hour until cooked through.
REMOVE from the oven and allow to rest in the tin for 1 hour before removing from the tin.
COOL and enjoy.

INSPIRATION

Toast the bread and drizzle with almond butter or top with smashed avocado.

HEALTH



GLUTEN FREE



LOW GI



PROTEIN

BENEFITS

- + STRESS RELIEF
- + ENERGY BOOSTING
- + HEALTHY DIGESTION

Something Sweet

CHAPTER SEVEN

My great Polish aunt and uncle taught me how to cook when I was young, and I've had the opportunity to be influenced by wonderful, talented people throughout my life. There is nothing that compares to cooking your own food. Healthy, simple, wholefood recipes that can support your health and wellbeing.

I have to admit that I do have a passion for baking and creating magnificent, yet simple desserts made from wholesome ingredients. My palate has changed quite somewhat over the years, leaning toward the savoury side. You'll notice when making as well as eating my cakes and desserts in this chapter, you'll enjoy the real flavour of the ingredients, rather than it being overloaded with processed sugars and refined flours.

Healthy cooking and eating should make you feel good. I don't follow rules on diet and I'm not fanatical about how I eat, I just enjoy good food that's both pleasurable and nourishing. This chapter is filled with all the delicious treats and things I love to eat and there are lots of alternatives and suggestions if you have any food allergies, many of the recipes are gluten free. Enjoy.



APPLE TEA CAKE

This is a simple and extremely delicious cake to eat. Filled to the brim with finely chopped apples, every mouthful is pure wholesome nourishment.

MAKES 1 CAKE

INGREDIENTS

3 organic eggs
100 ml (3 fl oz) extra virgin olive oil or macadamia nut oil
100 ml (3 fl oz) pure maple syrup
3 teaspoons gluten free baking powder
½ teaspoon cinnamon
2 teaspoons vanilla extract
240 g (2 cups/8 oz) wholemeal spelt flour
750 g (24 oz) golden delicious or pink lady apples, finely diced with the skin

METHOD

PREHEAT your oven to 160°C (320°F) fan-forced.
COMBINE eggs, olive oil, maple syrup, baking powder, cinnamon and vanilla into a mixing bowl.
ADD spelt flour and mix through into a smooth batter.
FOLD in the finely diced apples and mix through until all the apples are coated with the batter.
POUR into a prepared loaf tin, lined with baking paper.
BAKE for 60 minutes until cooked through then remove from the oven to cool.
SERVE warm or at room temperature and enjoy.

INSPIRATION

Use oat flour in place of spelt flour.

HEALTH



LOW GI



PLANT BASED



HIGH FIBRE

BENEFITS

- + HEALTHY DIGESTION
- + WELLBEING
- + WHOLEFOOD



WORLDS HEALTHIEST CHOCOLATE CAKE

This chocolate cake is brimming with antioxidants to boost energy and promote wellbeing. I love that it is super-moist and rich in heart healthy essential fats from the avocado oil. This cake is gluten free, dairy free and refined sugar free, making it the perfect healthy treat for everyone.

MAKES 1 CAKE

INGREDIENTS

125 ml (½ cup/4 fl oz) extra virgin avocado or olive oil
125 ml (½ cup/4 fl oz) almond milk
125 ml (½ cup/4 fl oz) pure maple syrup
4 organic eggs
2 teaspoons vanilla extract
3 teaspoons gluten free baking powder
60 g (½ cup/2 oz) dark cocoa powder
300 g (3 cups/10½ oz) almond meal
avocado frosting to serve (see inspiration)

METHOD

PREHEAT your oven to 160°C (320°F) fan-forced.
COMBINE avocado oil, almond milk, maple syrup, eggs and vanilla into a bowl.
ADD the baking powder, cocoa and almond meal and mix through until combined.
BAKE for 45 minutes until cooked then remove from the oven to cool.
COMBINE frosting ingredients until smooth then ice the cake generously.
STORE in the fridge until ready to serve.
DOUBLE the recipe if making a double layered cake with frosting.

INSPIRATION

To make the avocado frosting combine the flesh from 2 ripe avocados, 125 ml (½ cup/4 fl oz) pure maple syrup, 125 ml (½ cup/4 fl oz) coconut cream, 2 teaspoons vanilla extract, 60 g (½ cup/2 oz) dark cocoa powder and a generous pinch of sea salt. Blend until smooth and use as the frosting for the cake.

HEALTH



GLUTEN FREE



DAIRY FREE



LOW GI

BENEFITS

- + **ANTIOXIDANT**
- + **STRESS RELIEF**
- + **PURELY DELICIOUS**



WORLDS HEALTHIEST CHOCOLATE CAKE



Basics + little extras I love

CHAPTER EIGHT

In this chapter, I've added a few of my favourite basic and essential recipes that have formed a part of my repertoire when I cook at home.

Making my own dressing for a salad is as simple as emulsifying olive oil and vinegar, then caressing with a spoonful of Dijon mustard.

A simple mayonnaise made from avocado, avocado oil, lemon and water is the perfect accompaniment to oven-roasted Sweet Potato Chips or to dollop over fresh baked Milk + Honey Soda Bread. When tomatoes are in season in the peak of summer I make my own tomato sauce, it's perfect when tossed with fresh pasta or made into a magnificent tomato soup.

Food is always more delicious and much healthier if you make it yourself at home. Even if you're time-poor, many of my recipes take just minutes to make. My philosophy has always been keep it simple, keep it fresh, make it yourself and your body will thank you for it.



LABNEH

INGREDIENTS

1 kg natural Greek style yoghurt

METHOD

LINE a sieve with a few layers of muslin or a nut milk bag and sit over a bowl ready to catch the whey.

SPOON in the yoghurt and gently cover the top with a little cling film.

WEIGH the top of the yoghurt slightly with another bowl or jar to allow the extra whey to drain out of the yoghurt.

REFRIGERATE for 24 hours allowing the whey to drain out.

STORE in a glass container in the fridge for up to 5 days or cover with olive oil which will help it last for 2 weeks in the fridge.

SERVE with sun-ripened heirloom tomato, fresh torn basil and cold-pressed olive oil. Make a yoghurt frosting and combine with maple + vanilla to lavishly spread over cakes.

YOGHURT FROSTING

INGREDIENTS

500 g (16 oz) labneh

60 ml (¼ cup/2 fl oz) pure maple syrup

2 teaspoons vanilla extract

METHOD

COMBINE labneh, maple and vanilla into a bowl.

MIX through and use to frost over cakes and breads.

USE cream cheese, ricotta or quark if you don't have any labneh.



ALMOND MILK BECHAMEL

Almond milk makes a gorgeous dairy free béchamel that's perfect to caress a mushroom lasagne or steamed cauliflower. I also love to use other milks such as fresh made pine nut or coconut milk, that makes this béchamel taste extra creamy and purely spectacular.

INGREDIENTS

2 tablespoons extra virgin olive oil
4 tablespoons rice flour or spelt flour
500 ml (2 cups/16 fl oz) almond milk or dairy free milk, heated
decent pinch of sea salt
small pinch of grated nutmeg

METHOD

COMBINE olive oil and rice flour into a small pot over a medium heat.
ADD the hot milk and whisk until combined and the sauce is gorgeous and silky.
SEASON with salt and nutmeg.
USE for lasagne, steamed cauliflower or macaroni.

INSPIRATION

For a lighter béchamel I like to replace half the milk with water or a simple vegetable stock. A béchamel is also the basis for a cheese soufflé. Just add a generous two handfuls of grated gruyere and 6 egg yolks and cool. Fold in 6 beaten egg whites (stiff peaks) and pour into a buttered soufflé dish. Bake for 20 minutes in a hot 200°C (400°F) oven and serve.





A BIG THANK YOU TO...

Firstly the biggest thank you goes to my husband Paul Cutter who is the chief recipe taste tester, part-time psychologist to yours truly, managing director of The Healthy Chef and the wonderful photographer for all my cookbooks. You make all my recipes look sensational and shooting with you is a chef's dream. Thank you for working with me seven days a week for the past six months in shooting this book. Thank you for sorting out my creative meltdowns. Thank you for being the most wonderful husband and my best friend for over 29 years.

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Thanks to artists Jo Norton of Norton & Norton and Stephanie Yeend of Studio Enyd for their beautiful and natural handcrafted ceramics, that showcased my recipes for this cookbook perfectly. You're both such talented women and it was such a joy using your gorgeous, earth-inspired plates and bowls throughout this book. Thanks also goes to Bisanna Tiles in Surry Hills, who supplied all the amazing and natural earth backgrounds for our food photography.

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Lastly, a huge thank you to Kim Bennett who meticulously takes care of the printing process and makes sure my cookbooks are printed perfectly and look magnificent.



ABOUT TERESA CUTTER

Known around the world as The Healthy Chef, Teresa Cutter is recognised as a pioneer in the field of wellness and healthy cooking, and lives by the motto 'keep it simple, keep it fresh and make it yourself.'

As a classically trained chef, nutritionist and accredited fitness trainer, Teresa integrates her love of food and fitness in her own life and shares her recipes and knowledge via The Healthy Chef website, TV appearances, cooking demonstrations and countless print and online articles. She is also the bestselling author of *Purely Delicious* and *Healthy Baking*, cookbooks that have both won the Independent Publisher Book Awards in New York as well as being No#1 on iTunes in Australia.

Teresa has written for the prestigious TIME magazine as well as The Sydney Morning Herald, VOGUE Magazine and Sunday Telegraph. She is also a regular on Channel 10's *Studio 10*, and has created healthy recipes and menus for The Biggest Loser Australia and IHG (Intercontinental Hotels Group).

Teresa is the co-founder of The Healthy Chef a company that produces purely delicious functional foods for health and wellbeing. The range includes organic and plant-based protein powders, wild-caught marine collagen and a range of organic superfood and nutritional supplements to support digestive health, skin health, weight management and optimal wellbeing.

www.healthychef.com

"Teresa Cutter is Australia's number one bestselling wholefood author. Her low sugar, maximum nutrient approach is based on pure, honest ingredients that nourish your body and treat your tastebuds."

*Jodi Scott,
Beauty and Lifestyle Editor,
VOGUE*

"Teresa Cutter's recipes are imaginative, health-conscious and delicious."

*Sade Strehlke,
Deputy Lifestyle Editor, TIME*

Teresa Cutter, The Healthy Chef has built up a cult following amongst health-conscious foodies thanks to her super healthy and delicious recipes.

Earth To Table is a stunning cookbook focusing on plant-based, vegetarian recipes that everyone will love. The recipes are easy to make, embracing simple techniques using ingredients straight from nature. Teresa is a classically trained chef/nutritionist/personal trainer – bringing the best of food and health together in one talented package.

“Earth To Table is inspired by my love of healthy, Mediterranean, plant-based cuisine using wholefood ingredients. No matter how busy you are, you’ll find that healthy eating can be both simple and achievable for everyone.”

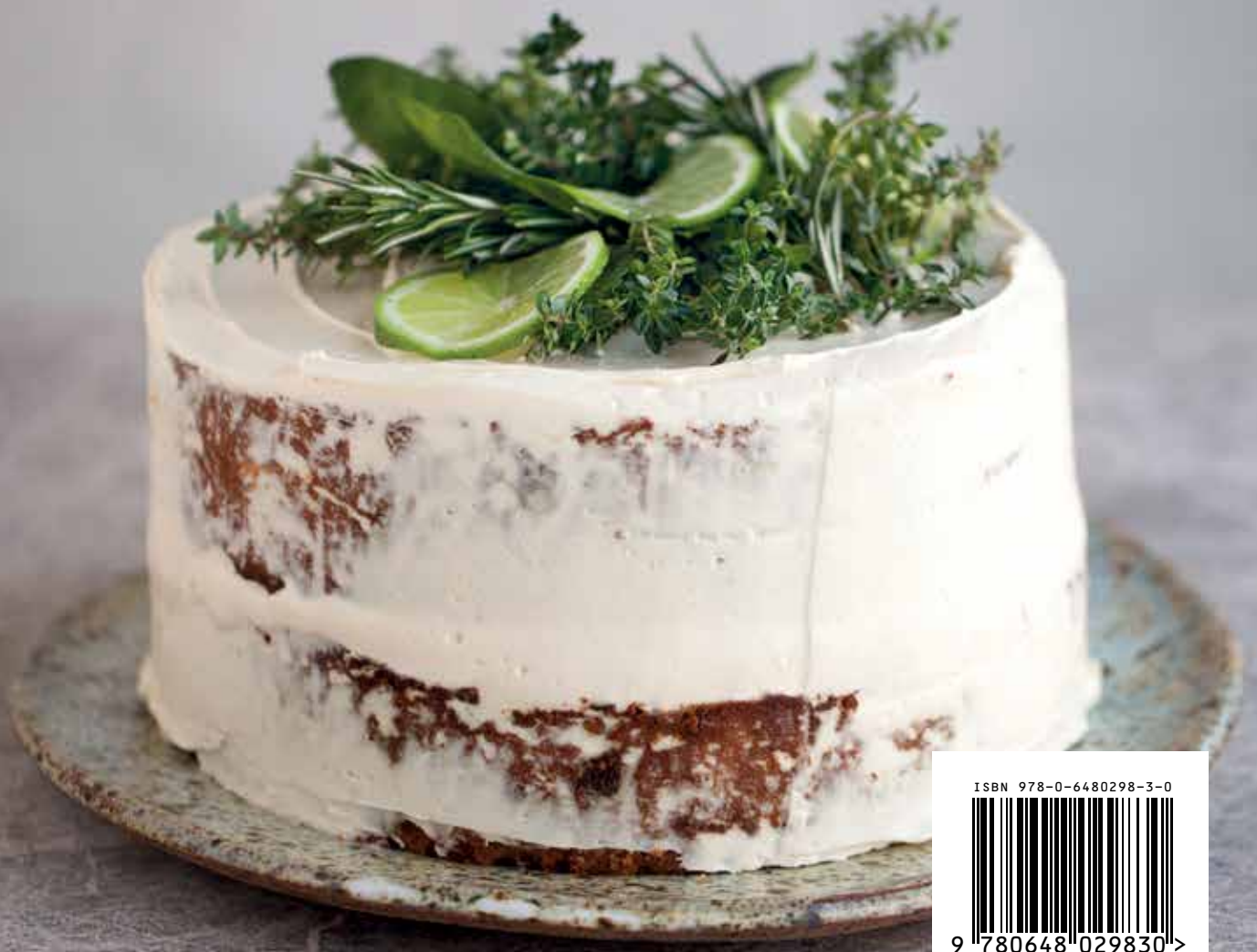
Straight from the farmers market to the table, savour a mouth-watering Roasted Vegetable Ratatouille drizzled with balsamic or a Detox Pumpkin Soup served with Spelt Soda Bread. You’ll love my Spinach, Ricotta + Sweet Potato Tart and a wholesome Roasted Cauliflower, caressed with Tahini + Pomegranate.

For the sweet tooth, master the art of making the World’s Healthiest Chocolate Cake or a gorgeous Garden Zucchini Cake topped with Yoghurt Frosting.

“I hope you enjoy making and eating the gorgeous plant-based recipes from my latest cookbook.

Stay healthy and be nourished.”

Teresa Cutter



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